

# My Medicine

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**Count:** 40

**Wall:** 2

**Level:** Beginner / Intermediate

**Choreographer:** Milo Eve

**Music:** My Medicine by Snoop Dogg

**Intro 4 count, dance starts at heavy beat.**

**Step fwd 2x, rocking chair, step back 2x, coaster step**

**(at 12)**

**1 LF Step fwd**

**2 RF Step fwd**

**3 LF Step fwd**

**& RF Recover weight**

**4 LF Step bwd**

**5 RF Step bwd**

**6 LF Step bwd**

**7 RF Step bwd**

**& LF Step next to**

**8 RF Step fwd**

**(at 12)**

**Step fwd  $\frac{1}{4}$  turn L step R  $\frac{1}{4}$  turn L, step back 2x, step back  $\frac{1}{2}$  turn L, Step fwd, step fwd  $\frac{1}{4}$  turn R 2x, step fwd**

**(at 12)**

**9 LF Step fwd,  $\frac{1}{4}$  turn L**

**10 RF Step R,  $\frac{1}{4}$  turn L**

**11 LF Step bwd**

**12 RF Step bwd**

**13 LF Step bwd,  $\frac{1}{2}$  turn L**

**14 RF Step fwd**

**15 LF Step fwd,  $\frac{1}{4}$  turn R**

**& RF Step R,  $\frac{1}{4}$  turn R**

**16 LF Step fwd**

**(at 6)**

**Rock 2x, rock shuffle back, rock  $\frac{1}{4}$  turn L, cross behind  $\frac{1}{4}$  turn, coaster step**

**(at 6)**

**17 RF Recover weight**

**18 LF Recover weight**

**19 RF Recover weight**

**& LF Close in front**

**20 RF Step bwd**

**21 LF Step bwd,  $\frac{1}{4}$  turn L**

**& RF Recover weight**

**22 LF Cross behind RV,  $\frac{1}{4}$  turn L**

**23 RF Step bwd**

**& LF Step next to**

**24 RF Step fwd**

**(at 12)**

**Step fwd 2x, step  $\frac{1}{4}$  turn R 2x, step fwd, Lock shuffle 2x, step fwd**

**(at 12)**

**25 LF Step fwd**

**26 RF Step fwd**

**27 LF Step fwd,  $\frac{1}{4}$  turn R**

**& RF Step R,  $\frac{1}{4}$  turn R**

**28 LF Step fwd**

**29 RF Step fwd**

**& LF Close behind**

**30 RF Step fwd**

**& LF Step fwd**

**31 RF Close behind**

**& LF Step fwd**

**32 RF Step fwd**

**(at 6)**

**Step fwd  $\frac{1}{4}$  turn R 2x, step fwd, rocking chair, coaster step, Step fwd  $\frac{1}{4}$  turn L, step fwd**

**(at 6)**

**33 LF Step fwd,  $\frac{1}{4}$  turn R**

**& RF Step R,  $\frac{1}{4}$  turn R**

**34 LF Step fwd**

**35 RF Step fwd**

**& LF Recover weight**

**36 RF Step bwd**

**37 LF Step bwd**

**& RF Stap next to**

**38 LF Step fwd**

**39 RF Stap fwd,  $\frac{1}{4}$  turn L**

**& LF Step L,  $\frac{1}{4}$  turn L**

**40 RF Step fwd**

**(at 6)**